

ENDS AND TRENDS WITH KIM AND KAREN



Kim's Tip: The Benefits of using Aloe Vera on Your Hair

We've talked about the benefits of using coconut oil and how it improves the health of your hair. This week, we are discussing another natural alternative – aloe vera.

Like coconut oil, aloe vera is also good for you both internally and externally. I am going to focus specifically on the benefits it has on your hair. Some say that aloe vera is a safe and natural treatment to use for thinning and hair loss, and that it stimulates the production of new hair and lessens the effects of conditions like alopecia.

You can add aloe vera gel to your favorite shampoos to increase the nourishing benefits. The natural enzymes found in the plant soothe and moisturize the scalp which helps eliminate dryness that causes dandruff. It helps increase blood circulation in the scalp which keeps the hair's natural oils in balance to prevent excessive oily or dry scalp.

Aloe vera also acts as a natural conditioning agent that restores the hair's luster and shine. It leaves your hair soft with enhanced strength and suppleness. Think of aloe vera as one of nature's remedies for restoring the health and beauty of your hair.